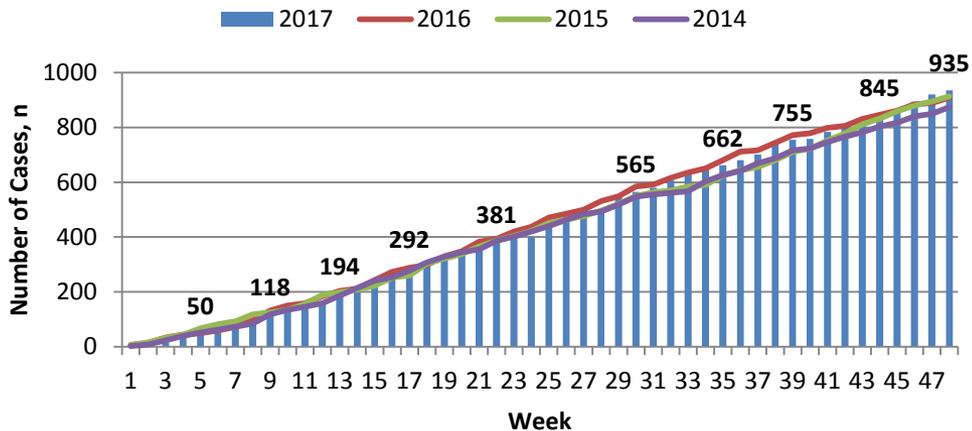


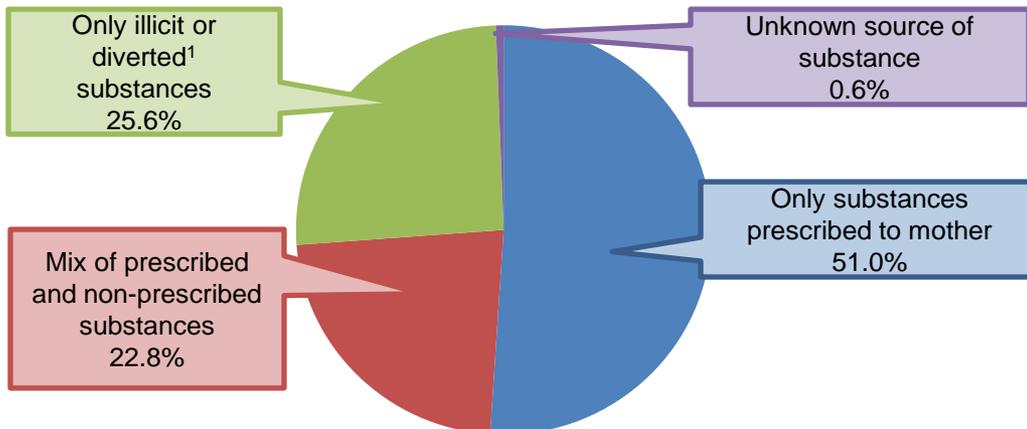
Neonatal Abstinence Syndrome Surveillance

November Update (Data through 12/02/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **935 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**73.8%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2017 have occurred in the Northeast and East Health Regions, and Sullivan County.

NAS Prevention Highlight – The Tennessee Department of Health hosted a statewide conference on November 13-14 titled: [“Turning the Tide: Collaborating to Prevent Opioid Abuse”](#). Leaders from multiple sectors of health care, including hospitals, physicians, nurses, pharmacists, dentists and local government shared ideas to create conditions where opioid abuse is less likely. One goal was to provide a place for healthcare providers to identify interventions to decrease opioid abuse. Patient education, prescriber education, perioperative pain management and emergency department pain management were all identified as focus areas. The ultimate goal of the summit was to provide a blueprint to change health care delivery culture so that quality of care and patient safety for treatment of acute and chronic pain could be improved.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	647	69.2
Legal prescription of an opioid pain reliever	49	5.2
Legal prescription of a non-opioid	80	8.6
Prescription opioid obtained without a prescription	266	28.5
Non-opioid prescription substance obtained without a prescription	142	15.2
Heroin	48	5.1
Other non-prescription substance	190	20.3
No known exposure	3	0.3
Other	29	3.1

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	60	6.5
East	204	28.2
Hamilton	24	6.1
Jackson/Madison	8	7.3
Knox	97	20.0
Mid-Cumberland	89	6.1
North East	148	48.0
Shelby	31	2.6
South Central	56	12.9
South East	30	9.1
Sullivan	76	55.8
Upper Cumberland	86	25.0
West	25	4.6
Unknown	1	--
Total	935	12.6

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids during pregnancy can cause birth defects. If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- Ensure access to family planning and preconception care to women who use opioids
- Learn about [CDCs Treating for Two: Safer Medication Use in Pregnancy Initiative](#)
- Understand the [CDC Guideline for Prescribing Opioids for Chronic Pain](#)
- Utilize the [Tennessee Controlled Substance Monitoring Database](#)

Everyone

- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Get help for substance abuse at 1-800-662-HELP.

Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/topic/nas>

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov